

FALL 2015

NEEDHAM

PARK & RECREATION



Children • Youth • Teens • Adults • Seniors • Special Events



Welcome to Fall 2015!

An invitation to people of all abilities



People of all abilities are encouraged to participate in the programs and services provided by the Needham Park and Recreation Commission.

Every effort is made to integrate participants with disabilities into the programs allowing for a successful recreational experience.

Please contact the Park and Recreation office for more information.

Have you registered for our automatic updates yet?

Notify Me is a notification system that will send you an e-mail or text message when new information is posted on the Town of Needham website, including recreation program updates!!

Sign up for Recreation Information by following these steps :

1. Go to the Town of Needham website at www.needhamma.gov
2. Click on the box reading **NOTIFY ME** on the bottom left of the page
3. Enter your e-mail address (or cell phone number for text messages)
4. Select e-mail type, HTML or Text
5. Select box for **RECREATION INFORMATION**
6. Click the **SUBSCRIBE** button



Once you are in the system, you will receive up to date Park and Recreation notifications right at your computer! You may sign up for any of the lists posted.



Needham Park and Recreation will be posting all updates on Facebook daily!
www.facebook.com/NeedhamRecreation

Park & Recreation Commission

David C. DiCicco, Chairman
Matthew M. Toolan, Vice-Chairman
Cynthia J. Chaston
Christopher J. Gerstel
Michael J. Retzky



Director—Patty Carey
Assistant Director—Robyn Fink
Administrative Specialist—Kristen Wright

The Park and Recreation Commission typically meets the 2nd and 4th Monday of each month.

Special thanks to Adam Witham for the Fall cover design, including "Parker" - our official department mascot! (See page 5 for more information about Parker) Adam is a local Graphic Designer and he can be contacted at adwitham@aol.com for all graphic design needs.

Commission Office

Public Services Administration
Building (PSAB)
500 Dedham Ave.
Needham, MA 02492

Telephone

(781) 455-7550, press 3

Office Hours

8:30am - 5:00pm
Monday - Friday



FALL REGISTRATION BEGINS

Wednesday, September 9, 2015 at 9:00 AM

Register online, in person, or by mail

Park and Recreation does not accept any registrations by phone or fax.



REGISTRATION NOTES

- See Registration Policies located on page 19.
- There are no guarantees for any method of registration, so choose the method most comfortable to you.
- Remember to put your name on the waitlist if a space is not available; no payment is collected for space on waitlist.
- All programs are offered to Needham residents on a first come, first served basis, including students in the Needham Public Schools' METCO program.
- **Scholarships** may only be processed by mail or in person.
- **Credits** may be used online.



ONLINE REGISTRATION

Begins at 9:00 AM on Wednesday, September 9, 2015

- Visit www.needhamma.gov/parkandrecreation. From the left hand blue column, click on "Online Registration".
- Create an online account so that information is saved, credits may be used, and information can be reviewed.
- Follow the steps to register all family members and print-out your receipt at the end of registration process.

IN PERSON REGISTRATION

Begins at 9:00 AM on Wednesday, September 9, 2015

and continues during regular office hours.

MAIL-IN REGISTRATION

Complete Registration Form and mail to:
Registration - Park and Recreation
500 Dedham Avenue
Needham, MA 02492

Forms will be processed, in random order,
starting at 9:00am on Wednesday, September 9, 2015
and will continue during regular office hours.



PRESCHOOL PROGRAMS

FUTURE SCIENTISTS

Exploration, discovery, and wonder await your imagination in this science class. Activities are all hands-on and most experiments you will be able to take home to show your family and friends! Experiments may include: slime, building & erupting a volcano, and more!

Age: 3—5 year olds (*Birth certificate required for ALL participants*)
Days: Mondays, September 21—October 5
Times: 10:00—11:00am
Location: Cricket Field House
Limit/Ratio: 10 participants (*minimum of 5*)
On Reg. Form: List *Future Scientists*
Fee: \$85 per participant (*three week session*)

DOWN ON THE FARM

Join us and Needham Community Farm for an amazing hands-on gardening experience! Discover and learn about farming through stories, songs, and interactive activities with plants, seeds, insects, and soil. Get dirty, meet new friends, and watch your newly planted garden grow while experiencing the beautiful outdoors! *ALL participants are required to attend with an adult helper.*

Age: 3—5 year olds (*Birth certificate required for ALL participants*)
Dates: Tuesdays, September 22—October 13
Time: 3:00—4:00pm
Location: Needham Community Farm—Tillotson site
Limit: 8 participants & 8 adult helpers (*minimum of 4*)
On Reg. Form: List *Down on the Farm*
Fee: \$57 per participant (*four week session*)

COOKS & BOOKS

Food and art all rolled into one! With fun-to-make recipes from healthy snacks to tasty treats, kids will turn everyday foods into fun edible treats that go along with the book chosen for each class.

Please note on registration form if your child has any food allergies.

Age: 3—5 year olds (*Birth certificate required for ALL participants*)
Dates: Thursdays, September 24—October 8
Time: 10:00—11:00am
Location: Cricket Field House
Limit: 10 participants (*minimum of 5*)
On Reg. Form: List *Cooks & Books*
Fee: \$85 per participant (*three week session*)

YOUTH PROGRAMS

KIDS NIGHT OUT

Give yourself the night off and treat your child to our monthly supervised night of fun! Your child will join some of their favorite program counselors for a night of interactive games, unique craft projects, a pizza dinner, dessert, AND a full feature children's film! *PJ's and sleeping bags are welcome, but not required!*

Age: 3—10 years old (*Birth certificate required for ALL 3, 4, and 5 year olds*)
Sessions: *See below for Dates and Movie Selections*
Time: 5:30—9:00pm
Location: Public Service Administration Building (500 Dedham Avenue)
Limit: 35 participants per session
On Reg. Form: List *Kids Night Out* **AND** *Session*
Fee: \$16 per participant per session



DATE

Friday, September 25

Oh, an alien on the run from his own people, lands on Earth and makes friends with the adventurous Tip, who is on a quest of her own.

MOVIE

HOME (PG)

Friday, October 23

STRANGE MAGIC (PG)

Goblins, elves, fairies and imps, and their misadventures sparked by the battle over a powerful potion.

Friday, November 20

CINDERELLA (PG)

When her father unexpectedly passes away, young Ella finds herself at the mercy of her cruel stepmother and her daughters. Never one to give up hope, Ella's fortunes begin to change after meeting a dashing stranger.

Friday, December 18

THE SPONGE BOB MOVIE: SPONGE OUT OF WATER (PG)

When a diabolical pirate above the sea steals the secret Krabby Patty formula, Sponge Bob and his nemesis Plankton must team up in order to get it back.

HAVE YOU MET PARKER, THE PARK AND RECREATION BEAR?!

Parker, the happy bear gracing the cover of this fall brochure, is the official Needham Park & Recreation Department mascot!! Parker lives at our office most of the time but had loads of fun visiting our Youth Programs and Rosemary Pool this Summer and can't wait to see everyone again during the Fall Programs! You can follow all of Parker's adventures on Park & Recreation's Official Facebook page (www.facebook.com/NeedhamRecreation)!



 "like" us on facebook

YOUTH PROGRAMS

YOUTH TENNIS LESSONS

Quickstart Tennis is an exciting play format designed to bring children into the game by utilizing special equipment and a court with dimensions tailored to age and size. Quickstart Tennis is fast, easy, and fun! Racquet required.

Junior Tennis covers the basic aspects of the sport including forehand, backhand, serve, volley, overhead, and strategy! Racquet required.

OUTDOOR QUICKSTART TENNIS LESSONS

Age: 5 to 7 year olds (*Birth certificate required for ALL 5 year olds*)
Session: Saturdays, September 19—October 10
Times & Ages: 9:00—10:00am Ages 5—6
 10:00—11:00am Ages 6—7
 11:00am—12:00pm Ages 5—7
Location: Pollard Middle School Quickstart Tennis Courts
Limit: 10 participants per session (*minimum of 5*)
On Reg. Form: List *OUTDOOR Quickstart Tennis Lessons* AND *Time*
Fee: \$48 per participant (*four week session*)

OUTDOOR JUNIOR TENNIS LESSON

Age: 8 to 13 year olds
Session: Saturdays, September 19—October 10
Times & Ages: 9:00—10:00am Ages 8—10
 10:00—11:00am Ages 11—13
 11:00am—12:00pm Ages 8—13
Location: Needham High School Tennis Courts
Limit: 10 participants per session (*minimum of 5*)
On Reg. Form: List *OUTDOOR Junior Tennis Lessons* AND *Time*
Fee: \$48 per participant (*four week session*)

INDOOR QUICKSTART TENNIS LESSONS

Age: 5 to 7 year olds (*Birth certificate required for ALL 5 year olds*)
Session: Wednesdays, October 14—November 18 (*No program November 11th*)
Time: 6:00—7:00pm
Location: Pollard Middle School Green Gym
Limit: 10 participants per session (*minimum of 5*)
On Reg. Form: List *INDOOR Quickstart Tennis Lessons*
Fee: \$60 per participant (*five week session*)

INDOOR JUNIOR TENNIS LESSON

Age: 8 to 13 year olds
Session: Wednesdays, October 14—November 18 (*No program November 11th*)
Times: 7:00—8:00pm
 8:00—9:00pm
Location: Pollard Middle School Green Gym
Limit: 10 participants per session (*minimum of 5*)
On Reg. Form: List *INDOOR Junior Tennis Lessons* AND *Time*
Fee: \$60 per participant (*five week session*)

YOUTH PROGRAMS

ICE SKATING LESSONS

Review the detailed level descriptions below and choose appropriately for your child's current ice skating ability. On the first day of lessons, children will be sorted into small groups, within their class level and time, by ice skating ability. **All five year olds MUST register for Penguins Level, then after being evaluated through the first week, can be moved to a different level if appropriate.**

Age: 5 years and older (*Birth certificate required for ALL 5 year olds*)
Dates: Tuesdays AND Thursdays, October 13—November 5
Times & Levels: (See Levels & Times chart)
Location: St. Sebastian's School Ice Skating Rink
Equipment: Single blade skates and helmets required. (*No rentals are available*)
 Gloves and warm, layered clothing recommended.
On Reg. Form: List *Level* (*Penguins/Snow Leopards/Snowy Owls/Polar Bears*) AND *Time*
Fee: \$55 per participant (*four week session—8 classes*)

LEVELS & TIMES

PENGUINS: 3:30 - 4:00pm OR 4:00 - 4:30pm OR 4:30 - 5:00pm

Figure Skates OR Hockey Skates

Limit/Ratio: 3:30 class—20 participants, 4:00 and 4:30 classes—15 participants
 Ratio of 5:1



- ♦ Has never skated before and/or needs assistance standing and moving on skates
- ♦ **ALL** five year olds must register for Penguins

SNOW LEOPARDS: 3:30 - 4:15pm OR 4:15 - 5:00pm

Figure Skates OR Hockey Skates

Limit/Ratio: 3:30 and 4:15 classes—15 participants—Ratio of 5:1



- ♦ Consistent, basic skating skills: can stand on skates, fall and get up, forward march and glide.
- ♦ Will work on refining basic skills, snow plow stop, gaining confidence and speed.

SNOWY OWLS: 4:15 - 5:00pm

Figure Skates ONLY

Limit/Ratio: 10 participants—Ratio of 10:1



- ♦ Refined, confident figure skating skills: can glide forward and backward, perform sculling, and perform proper stops.
- ♦ Will work on turns, crossovers, one-footed skills, spins and jumps.

POLAR BEARS: 4:15 - 5:00pm

Hockey Skates ONLY

Limit/Ratio: 10 participants—Ratio of 10:1



- ♦ Refined, confident hockey skills: can glide forward and backward, perform sculling and stop in hockey skates.
- ♦ Will work on different stops, turns, crossovers, edges and increase speed.

YOUTH PROGRAMS

SKATEBOARD EDU

Come learn how to push, carve, kick turn, and board grab! This class is perfect for those just starting out as well as those who want to improve their skills! Participants must supply their own board, pads, and helmet.

Age: 8—11 year olds
Dates: Wednesdays, September 30—October 28
Times: 3:00—5:00pm
Location: Pollard Middle School Courts
Limit: 12 participants (*minimum of 5*)
On Reg. Form: List *Skateboard EDU*
Fee: \$90 per participant

YOUTH ARCHERY LESSONS

Try out the traditional recurve archery as seen in the Olympics! Relax as you aim for your target and feel the thrill of success when your patience and concentration pays off. All equipment is provided. Class is led by two certified USA Archery and National Field Archery Association (NFAA) instructors.

Age: 8—16 years old
Dates: Thursdays, October 22—November 19
Time: 6:00—7:00pm
Location: Pollard Middle School—Blue Gym
Limit: 10 participants (*minimum of 5*)
On Reg. Form: List *Youth Archery*
Fee: \$120 per participant (*five week session*)

TEEN PROGRAMS

TGIF NIGHTS

Calling all middle schoolers! TGIF (Teens, Games, Infinite Fun) Nights are just for you! DJ, games, activities, and hang time make up these nights of crazy fun!

Age: 6th—8th graders
Dates: Friday, October 16—**All grades**
Friday, November 13—**6th graders only**
Friday, December 4—**7th & 8th graders only**
Times: 7:00—10:00pm
Location: Pollard Middle School Green and Blue Gyms and Cafeteria
On Reg. Form: List *TGIF Nights AND Date(s)*
Fee: \$10 per participant per event

EARLY REGISTRATION

FALL REGISTRATION—WINTER PROGRAM!



NASHOBA VALLEY SKI & SNOWBOARD LESSONS

Six weeks of fun on the slopes with optional one hour lesson and approximately 2.5 hours of practice time. Bus transportation and supervision are provided. Experienced instructors, quality equipment, 9 lifts and 17 trails are available for the beginner just learning and for those who have a little more experience wanting to ski close to home! Brand new Head Snowboard and Solomon Ski rental equipment available.

Age: 10 years old and up
Dates: Saturdays, January 9—February 13, 2016
Times: 7:15am—1:15pm
(*Bus leaves from and returns to PSAB—500 Dedham Avenue*)
Location: Nashoba Valley—Westford, MA
Limit: 35 participants (*minimum 20*)
On Reg. Form: List *Ski & Snowboard Lessons*
Fees: **WITH LESSONS: \$480** per participant
WITHOUT LESSONS: \$435 per participant
****Make REGISTRATION checks payable to Town of Needham****

RENTAL EQUIPMENT (for 6 weeks)
\$110/person/Ski **OR** Snowboard rental fee
\$45/person/HELMET rental fee
\$60/person/PURCHASE HELMET

Everyone renting equipment from Nashoba Valley **MUST** attend the pre-fit meeting on

Wednesday, December 9th at 6:30pm
at the Park and Recreation Office.

****Make RENTAL EQUIPMENT checks payable to Nashoba Valley during pre-fit Night****
****DO NOT** mail rental fee in with the registration fee**

REGISTRATION DEADLINE is 5:00pm on
Wednesday, December 9th

OR until program is full—No Exceptions!

DON'T WAIT UNTIL THE LAST MINUTE TO REGISTER!
THIS PROGRAM TENDS TO FILL VERY QUICKLY!

PROGRAM REGISTRATION FORM

OR Register online instead at www.activityreg.com, just click MA, then Needham Park and Recreation!



**** REGISTRATION POLICIES CAN BE FOUND IN OUR BROCHURE ****

PLEASE PRINT CLEARLY, IN BLUE OR BLACK INK

PARENT NAME: _____ DATE: ____/____/____
* IF YOU ARE AN ADULT—THIS IS YOUR INFORMATION FIRST
ADDRESS: _____ TOWN STATE/ZIP
NUMBER AND STREET
HOME PHONE: (____) _____ WORK PHONE: (____) _____ CELL PHONE: (____) _____
E-MAIL ADDRESS: _____ (INCLUDING YOUR E-MAIL IS VERY HELPFUL IN CASE OF PROGRAM CANCELLATIONS OR CHANGES.)
EMERGENCY CONTACT: _____ PHONE: (____) _____
* DIFFERENT FROM THE PARENT OR MAIN CONTACT FULL NAME AND RELATION

PROGRAM CHOICES

PARTICIPANT'S NAME (first and last name)	PROGRAM NAME	SESSION / WEEK	TIME / DAY	LEVEL (if applicable)	DATE OF BIRTH (required)	FEE
Allergies / Medical Concerns:						
Allergies / Medical Concerns:						
Allergies / Medical Concerns:						
Allergies / Medical Concerns:						
Allergies / Medical Concerns:						
Allergies / Medical Concerns:						
Please note: For <u>all</u> programs, participants <u>must</u> be appropriate age by the first day of the program / session.						\$
Donation to trust fund for parks (optional)						TOTAL FEE \$

If your child is 5 years old or younger, is their birth certificate registered at the Park & Recreation Office?

Yes _____ No, but will be within 3 days (Remember, registrations are not complete without a registered birth certificate!) _____

(THIS AREA FOR MAILED REGISTRATIONS ONLY!)

Payment must accompany completed, mailed-in registration form in order to be processed.

Method of Payment:

Check - Make payable to TOWN OF NEEDHAM - Park & Recreation

Cash or Money Order

Credit Card - (Please circle one)

VISA

MasterCard

Discover

Credit Card Number:

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Expiration Date:

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CVC Code: (on back of card)

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Cardholder's Signature: _____

MAIL TO:

Registration

Park & Recreation

500 Dedham Avenue

Needham, MA 02492

We do NOT accept
fax registrations.

FREE PROGRAMS

TAKE A HIKE

These walks are geared towards walkers of all abilities, and friendly dogs must be on leash. Please pre-register for this FREE program, so that the Trail Stewards can be prepared. When you register, please print out your receipt so that you will receive directions to the trail, where to park, what to bring what to wear and the inclement weather plan.

Age:	ALL AGES
SESSIONS:	1: Friday, September 18 Trail Walk in the Town Forest 10:00—11:30am
	2: Friday, October 9 Trail Walk at Newman 10:00—11:30am
	3: Saturday, November 7 Trail Walk on the Esker Trail at Ridge Hill Reservation 11:00am—12:30pm
On Reg. Form:	List, <i>Take a Hike</i> <u>AND</u> Session #

FALL TOWN-WIDE CLEAN UP DAY

Sponsored by:
Needham Park and Recreation Commission and DPW Parks and Forestry

Saturday, November 7th, 2015

8:30—11:00am

All Ages! Rain or Shine!!

(Youth under 12 must be accompanied by an adult)

CHECK-IN at the Public Services Administration Building (PSAB) Parking Lot **BETWEEN 8:30am and 9:00am** on **Saturday, November 7th** to receive your clean-up site location and trash bags. **Clean-up will end by 11:00am.**

Be sure to dress according to the day's weather and bring your work gloves!

Join us and other Needham Residents in spending a few hours keeping Needham beautiful!

How to Register:

ONLINE (Preferred Method), **BY MAIL** OR **IN PERSON** at the Park and Recreation Office, 500 Dedham Avenue. *Registration is requested to ensure enough supplies are available throughout the day.*

Coming with a group? Email Robyn Fink (rfink@needhamma.gov) with the total number of people, and she will arrange your clean up site before November 7th.

NEEDHAM GOLF CLUB PUBLIC HOURS

Please visit <http://www.needhamgolfclub.com/residents-guide.html> to view the Resident Guide or call the Club at 781-444-5548.

SUNDAYS AND MONDAYS

3:00 PM - Closing

TUESDAYS

8:00 AM - Closing



WINTER SAFETY TIPS

SAFE SLEDDING TIPS

- Examine area for hazards such as trees, rocks, and "man-made" jumps.
- Dress properly, protecting hands, feet and your face from the cold.
- Check sled before use. Do not use sleds without a method of control.
- Sled on snow-packed hills with at least one other person. Do not sled on ice!
- Keep your head at back of sled and wear a helmet.
- **DO NOT build snow jumps!**



OUTDOOR SKATING

- Ice is tested on weekdays by the DPW Parks Division once there has been a lengthy freeze.
- Ice depths are not checked during winter storms and clean-ups.
- Signs posted at each location must be observed.
- Current ice depths and skating conditions are posted on the Park and Recreation website, under 'Outdoor Skating and Sledding' (www.needhamma.gov/parkandrecreation) and on our Facebook Page (www.facebook.com/NeedhamRecreation)

SAFE SKATING TIPS

- Always skate with at least one other person.
- **Skate on areas with 6 or more inches of black ice.**
- Remove loose objects from ice surface.
- Skate in well-lit areas only. *Lights are currently available at the Reservoir and Horsford on weekends, holidays and over school vacations, when there is at least 6 inches of black ice!*
- Hockey players should be careful skating near young children. Hockey is not permitted at the large pond at Horsford.



OUTDOOR SKATING LOCATIONS

HORSFORD: on Central Avenue—across from RTS, at entrance to Town Forest.

FARLEY: on South Street, 3/10 mile from Chestnut Street intersection—on right

RESERVOIR: on Dedham Avenue—behind the Public Services Administration Building.

WALKER-GORDON: on Charles River Street, 2/10 mile from Central Avenue—on right.

ROSEMARY LAKE: on Rosemary Street—enter from small parking lot near apartments.
Please note: Warm water streams keep Rosemary Lake from freezing quickly!

SPORTSMAN: on Great Plain Avenue, between Central Avenue and Marked Tree Road behind the brick water pump station building.

ADULT PROGRAMS

ADULT COED BADMINTON

Six courts are set up for doubles games for beginner to advanced levels. Pay one fee for the season from late September—June! Occasionally Needham High School events are scheduled on Mondays, no make-up dates are available.

Non-resident registration will begin on **Wednesday, September 16, 2015 at 9:00am.**

Age: 17 years old and up
Dates: Mondays, September 21, 2015—June 13, 2016
Time: 8:00—10:00pm
Location: Needham High School—A Gym
Limit: 50 participants per session
On Reg. Form: List *Adult Badminton*
Fee: \$80 per participant

ADULT COED BASKETBALL

For players with some experience, teams are formed each evening for pick up play. Two courts available. Pay one fee for the season from late September – June! Occasionally Needham High School events are scheduled on Wednesdays, no make-up dates are available.

Non-resident registration will begin on **Wednesday, September 16, 2015 at 9:00am.**

Age: 17 years old and up
Dates: Wednesdays, September 30, 2015—June 8, 2016
Time: 8:00—10:00pm
Location: Needham High School—A Gym
Limit: 40 participants per session
On Reg. Form: List *Adult Basketball*
Fee: \$80 per participant

ADULT COED VOLLEYBALL

For players with some experience, teams are formed each evening for pick up play. Two courts available. Pay one fee for the season from mid-October – June! Occasionally Needham High School events are scheduled on Thursday, no make-up dates are available.

Non-resident registration will begin on **Wednesday, September 16, 2015 at 9:00am.**

Age: 17 years old and up
Dates: Thursdays, October 15, 2015—June 9, 2016
Time: 8:00—10:00pm
Location: Needham High School—A Gym
Limit: 60 participants per session
On Reg. Form: List *Adult Volleyball*
Fee: \$30 per participant

ADULT PROGRAMS

ADULT OUTDOOR TENNIS LESSONS

Fall is the perfect time to work on your tennis skills – a lifelong activity! Sign up for the appropriate level and bring your racquet.

BEGINNER LEVEL: For those without any prior tennis playing experience.

ADVANCED BEGINNER LEVEL: For those with some experience who understand the basics, but want to improve their tennis game.

INTERMEDIATE LEVEL: For those able to execute all strokes, including serve with some consistency. Focus will be on improving serve, court coverage, and match play.

Age: 17 years old and up
Dates: Thursdays, September 17—October 15
Times: 9:00—10:00am BEGINNER
10:00—11:00am ADVANCED BEGINNER
11:00am—12:00pm INTERMEDIATE
Location: Mills Field Courts
Limit: 10 participants per session (*minimum of 5*)
On Reg. Form: List *Adult Outdoor Tennis Lessons AND Time*
Fee: \$75 per participant (*five week session*)

ADULT GOLF LESSONS

Let this be the fall you learn the game of golf or work on improving your fundamental skills! Needham Golf Club's PGA instructor welcomes both beginners and advanced players.

Age: 17 years old and up
Dates: Tuesdays, September 15—October 20 (*No program on Sept. 22nd*)
Times: 5:00—6:00pm BEGINNER
6:00—7:00pm ADVANCED BEGINNER
Location: Needham Golf Club
Limit: 7 participants per session (*minimum of 4*)
On Reg. Form: List *Adult Golf Lessons AND Time*
Fee: \$110 per participant (*five week session*)

ADULT ARCHERY LESSONS

Try out the traditional recurve archery as seen in the Olympics! Relax as you aim for your target and feel the thrill of success when your patience and concentration pays off. All equipment is provided. Class is led by two certified USA Archery and National Field Archery Association (NFAA) instructors.

Age: 17 years old and up
Dates: Thursdays, October 22—November 19
Time: 7:00—8:00pm
Location: Pollard Middle School—Blue Gym
Limit: 10 participants (*minimum of 5*)
On Reg. Form: List *Adult Archery*
Fee: \$120 per participant (*five week session*)

SENIOR PROGRAMS

SENIOR EXERCISE

Three different classes...three different teachers...all with one goal: to help men and women, ages 50 and older, stay fit in an enjoyable, social and supportive setting! Detailed descriptions listed below. Register for one, two, or three classes!

Age: 50 years old and up
Sessions: MONDAYS **9:00—10:00am** **October 19—December 14**
Judi will focus on improving your cardiovascular efficiency and muscle strength and endurance, all while having some fun and sharing smiles!

Note Location: Needham Public Library Community Room

WEDNESDAYS 9:15—10:15am October 14—December 16
Adele leads a low-impact aerobics class, which includes stretching and use of free weights. Emphasis on cardiovascular fitness and endurance, maintaining range of motion, and injury prevention!

FRIDAYS 10:30—11:30am October 16—December 18
Arlene will share toning, stretching, strengthening, and abdominal exercises that will benefit you from head to toe. Bring your list of areas that need work for individual guidance!

Locations: **Mondays**—Needham Public Library Community Room
Wednesdays & Fridays—The Center at the Heights

Limit: 25 participants per class (*minimum of 10*)

On Reg. Form: List *Senior Exercise* **AND** *Day(s)*

Fees: \$25 per participant—1 day per week (*nine week session*)
\$50 per participant—2 days per week (*nine week session*)
\$75 per participant—3 days per week (*nine week session*)

SENIOR YOGA

Join a class of gentle stretching and relaxation during which traditional Hatha yoga postures will be used and tailored for the senior population! Increase flexibility, balance, and strength with some quiet meditation and relaxation. Students will need to bring a yoga mat (or towel) and be prepared to be on the floor.

Age: 50 years old and up
Dates: Mondays, October 19—December 14

Time: 10:00–11:00am

Location: Needham Public Library Community Room

Limit: 25 participants (*minimum of 10*)

On Reg. Form: List *Senior Yoga*

Fee: \$25 per participant (*nine week session*)

SENIOR GOLF LEAGUE

Our fall session of Senior Golf League started on August 4th. Please **CONTACT THE OFFICE** at (781)-455-7550 ext. 3 for program information.

SENIOR PROGRAMS

KID-APPROVED GRANDPARENT ACTIVITIES

Building an unbreakable bond with your grandchildren can be priceless. Register for 1, 2, or all of the programs below and learn how to do fun activities with your grandchildren ages 2-10! On a budget?...all activities will include materials that you can find in your home or can easily find at local stores.

Age: 50 years old and up
Dates: Thursday, November 12—Oil vs. water—Kid made lava bottle
 Thursday, November 19—Icky, sticky, goo—Slime time
 Thursday, December 3—Science magic—Balloon blow-ups
 Thursday, December 10—Color mixing fun

Times: 10:30—11:30am

Location: Center at the Heights

Limit: 10 participants per class (*minimum of 5*)

On Reg. Form: List *Grandparent Art Workshop AND Day(s)*

Fee: \$20 per participant per class

SENIOR INDOOR WALKING CLUB

Keep in shape during the colder months of the year with this friendly, supportive group where you walk at your own pace, meet new people, and feel better through movement! Flexible schedule allows you to go all three days, or whenever it fits your schedule! A coordinator is on site each day to oversee warm-up exercises.

Age: 50 years old and up
Dates: Tuesdays, Wednesdays, AND/OR Thursdays
October 6, 2015—May 12, 2016

Time: 3:00—4:00pm

Location: Needham High School

On Reg. Form: List *Senior Indoor Walking Club*

Fee: \$30 per participant

Needham's Walk Through History
Sunday, October 4, 2015
11:00am – 3:00pm
Walk, Ride, or Drive through 300 years of Needham's History!
Visit www.needhamhistory.org/HistoryWalk for more details!

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GENERAL INFORMATION

NEEDHAM PARKS, PLAYGROUNDS & ATHLETIC FIELDS

Needham is experiencing an overwhelming number of requests for field space for many youth and adult sports, with many parks seeing an increase in the number of people, cars, and trash. In order to keep our children and parks safe, we ask that everyone visiting a Needham park or field follow these guidelines:

- **Pick up and dispose of trash properly.** Trash attracts bees and wild animals.
- **Trash is picked up by truck so barrels need to be located at entrances.** If barrels are full, please remove your trash from the site. Some school sites do not have barrels due to the number of students with allergies to bees.
- **Report any unsafe field conditions** immediately to a league supervisor or the Park and Recreation Department.
- **Park in designated areas.** If parking on the street is necessary, park in a manner that will allow emergency vehicles to access the fields and neighboring homes.
Parking in fire lanes, in crosswalks, and in front of fire hydrants is illegal and unsafe!
- **Be considerate** of all park neighbors, leaving enough room for access to driveways, and do not park on their lawns.

NEEDHAM SPORTS ORGANIZATIONS

ALL Youth Sports Organizations in Needham are non-profit, volunteer-run organizations providing sports playing opportunities for Needham youth.

For more detailed information on each program and program contact information, pick up a **2015 Needham Youth Sports Organization Brochure** at the Park and Recreation Office **OR** visit our website at www.needhamma.gov/parkandrecreation and select "Sports Contacts" from the left hand side of the page.

HOW TO RESERVE A FIELD OR PLAYGROUND/TOT-LOT

Call or stop by the office. If the date chosen is available, a permit will be given, which must be signed. A fee is charged for some field uses. Individuals may use the tot-lots at all times, but large groups should reserve space to avoid conflicts with other groups.

LOCATIONS INCLUDE:

Broadmeadow—Broadmeadow Road	Claxton—Central Avenue	Cricket—Hillside Avenue
DeFazio—Dedham Avenue	Greene's—Pickering Street	Eliot—Wellesley Avenue Ext.
Hillside—Glen Gary Road	Mills—Hampton Avenue	Mitchell—Brookline Street
Newman—Central Avenue	Perry—Beaufort Avenue	Riverside—Riverside Street

PLEASE NOTE:

- Bathrooms are available at DeFazio and Claxton.
- **Greene's Field Playground can not be permitted.**
- School playgrounds are not available during school hours.

SPORTS KIT RENTAL

Two Sports Kits are available for residents to use from the Park & Recreation Office.

PLEASE CALL THE OFFICE IN ADVANCE TO RESERVE A KIT!

Items can be rented on an individual basis, or the entire kit costing no more than \$20!

Kits can include: volleyball, badminton, croquet, horseshoes, whiffle ball set, bocce, kick-balls, bases, cones, pinnies, jump ropes, three-legged race ties, grain sacks (for sack races), and frisbees.

REGISTRATION POLICIES

REGISTRATION LIMITS

Registration limits are set to comply with building code regulations as well as staff/participant ratios. See individual program descriptions for specific limits. The Commission reserves the right to cancel classes when registration numbers are low.

AGE REQUIREMENT OF PARTICIPANTS/BIRTH CERTIFICATES

All participants **MUST** be noted age by first day of session. All children ages 5 and under must have a birth certificate registered with the Park and Recreation Office. This is a one-time only requirement. Mail a copy or bring one by – it will be given right back to you. **Registrations for participants 5 and under are not complete without a registered birth certificate.** *If you were living in Needham when the child was born, copies are available at the Needham Town Clerk's Office in Town Hall. Park and Recreation CANNOT access the Town Clerk's records directly.*

CREDITS/REFUNDS

The Commission has a NO REFUND policy unless the program is cancelled or there are special circumstances. In most cases, CREDITS are given and do not expire. All requests need to be submitted to Park and Recreation **in writing** to 500 Dedham Avenue, Needham, MA 02492 or to pcarey@needhamma.gov.

CHANGES TO REGISTRATION

To make a change in your registration, call (781)455-7550, press 3. Messages can be left when the office is closed. If space is available, changes will be made. Additional payments may be required if fees are different, due within time required by office. Credits will be given to the family account when the fee is less than original payment.

NON-RESIDENT REGISTRATION

Non-Residents may register the **Wednesday before** a program begins, if space is available, unless otherwise noted in brochure.

FINANCIAL ASSISTANCE/SCHOLARSHIPS

Available to Needham residents, only. Call (781)455-7550, press 3 for more information. **Register in person or by mail ONLY.**

SPECIAL NEEDS PROGRAMING

Call (781)455-7550, press 3 for questions about integration. Contact *The Charles River Center* for specialized programming for all ages at (781)972-1018.

TRUST FUND FOR PARKS

Make a donation on your registration form or write a separate check in honor of your favorite park. All gifts will be placed in the Trust Fund for Parks, and will be used for park improvements. Call (781)455-7550, press 3 for more details.

LOST AND FOUND

Please call (781)455-7550, press 3 if you've lost an article at a Park & Recreation park. Found items should be dropped off at the Park & Recreation Office.

SPECIAL EVENTS

SPOOKY WALK

Young children are invited to wear their favorite Halloween costumes for the "Spooky Walk" where small groups of registered participants will be led by a chaperone to trick-or-treat at the designated shops all around Needham Center! As always, adults are welcome to wear costumes too!

Pre-registration is required!

Limited to first 150 children each session that pre-register.

No registrations will be taken on the day of the event, NO EXCEPTIONS!

- Age:** 2—8 year olds (*Birth certificate required for ALL 2, 3, 4, & 5 year olds*)
Dates: Saturday, October 24 (*rain date—Saturday, October 31*)
Times: **Session 1:** 10:45am—12:00pm
Session 2: 12:30—1:45pm
Location: Needham Center
Check in with the Park and Recreation staff at the Town Common
Limit: 150 participants **PER SESSION**
On Reg. Form: List *Spooky Walk* **AND** *Session #*
Fee: \$3 per participant

Registration Note: Registering with a group? Make sure every child is individually registered and include the last name of the other family (families) you'd like to be grouped with on your registration form OR in the NOTES section when registering online.

TURKEY HUNT!!

Calling all Turkey Explorers! Join us for Park and Recreation's Annual Turkey Hunt where you will enjoy a morning of crafts, games, and of course – a TURKEY HUNT! Two lucky participants (picked in a random drawing) will win gift certificates for a turkey donated by Roche Brothers Supermarket!

Pre-registration is required!

Limited to first 60 children each session that pre-register.

No registrations will be taken on the day of the event, NO EXCEPTIONS!

- Age:** 2—8 year olds (*Birth certificate required for ALL 2, 3, 4, & 5 year olds*)
Day: Saturday, November 21 (*Will be held rain or shine*)
Times: **Session 1:** 9:30—10:30am
Session 2: 11:00am—12:00pm
Location: Broadmeadow School Cafeteria and Playground
Limit: 60 participants **PER SESSION**
On Reg. Form: List *Turkey Hunt*, *Session #* **AND** *Time*
Fee: \$5 per participant